



Jump Into A New Way of Thinking

City of Concord Wellflex Program

[REGISTER HERE](#)

Boning Up On Your Health



This session looks at the foods that play a critical role in preventing osteoporosis, maintaining a healthy heart, as well as, reducing your risk for diabetes, cancer and high blood pressure.

[Register](#) now to join us on the following dates and times:

Monday	4/13/15	5:30 pm—6:30pm	Fire HQ Training Room
Wednesday	4/15/15	12:00pm—1:00pm	Council Chambers
Thursday	4/23/15	12:00 pm—1:00pm	COMF Cafeteria

**Note: There is a minimum attendance requirement, by the presenter, for all classes offered.*

All employees and City-insured spouses are welcome to attend during their 'non-work' time. You or your spouse will earn one (1) Wellflex health education unit for attending this workshop. If necessary, please remember to coordinate your attendance with your supervisor.

You may register for the education session by [emailing HR](#) or you may contact HR at 225-8535 for assistance or additional information.